



April 10th Breakfast - 2 slices bacon - 2 eggs - 1 piece Steak
1-4oz. diet cereal - Coffee - 604 Calories

Breakfast - 2 slices fried steak (fried), Tomato soup, 8 Crackers,
2 Chocolate chip Cookies. 170 Calories

Dinner - 6oz. sliced pot roast - 1 potato, 2 Crackers, 2 cups
green salad, 1 slice bread & butter, large slice pie, 8oz.
glass fruit drink. Calories 1,084

April 2 - Breakfast - 2 slices french toast - 2 pattees butter,
3oz. veggie - 1-4oz. fatty sausage, 2 grapes fruit, Coffee -
583 Calories

Dinner - 1-1/2 sliced cheese sandwiches, 1 cup potato soup, 1 orange,
1-8oz. glass milk - Calories 769

Dinner - 1 1/2 cups spaghetti & meat balls, 1/2 cup fruit potatoes
1/2 cup green beans, 1/2 cup cottage cheese, 1 slice bread &
butter, 1-8oz. glass fruit drink - Calories 913

April 3 - 2 strips bacon, 2 scrambled eggs, 1 slice toast with
butter, 1-4oz diet oatmeal with milk & sugar - 1 Orange
Coffee - 634 Calories

Dinner - 1-6oz. small Chicken noodle soup - 8 Crackers, 2
slice cheese, 1-4oz. slice cake fruited - 1-8oz. glass
milk 530 Calories

Dinner - 1-6oz. slice pork steak, 1/2 cup mashed potato,
4oz. cream gravy, 1/2 cup whole kernel corn, 1 cup green
salad, 1 slice bread & butter - 1/2 cup fruit with 1/2 cup
whipped topping - 1-8oz glass Chocolate milk
1,308 Calories

April 4 - Breakfast - 4 oz. ham slice, 2 hot biscuits - 4 oz.
Cream gravy, 1-4 oz. hot cereal with sugar & milk 4 oz.
Coffee 56¢ Calorie

Lunch 1- Bologna sandwich with 1 slice cheese & mayonnaise
1/2 cup potato salad - 1/2 cup pork & beans - 1 apple -
405 Calorie

Dinner: 6 oz. beans & ham - 1-4 oz. slice cornbread buttered,
1-Cup green salad, 4 oz. pudding - 1-8 oz. glass fruit
drink - 965 Calorie

April 5th Breakfast - $\frac{1}{2}$ grapefruit, 2 slices toast: ^{w/ 2 sugar} Lw/butter, 1 w/apple butter 1 patty sausage, 2 eggs, fried ^{3/4 cup} potatoes ^{coffee} (998 Calories)
Lunch - bologna & mustard sandwich, apple, glass ^{2 slice} of milk (668 calories)
Dinner - ^{4oz} meatloaf, baked potatoe, green beans, ^{one 1/2 pat butter} 1/2 cup w/butter ^{1 pat}
toss salad, 1 slice of bread w/butter, 1/2 cup sliced peaches in syrup. 8oz coalaids (860 calories)

April 6th Breakfast - 1 orange, 2 slices french toast with ^{4oz} Cherry syrup, 2 patty sausages ^{coffee} (904 Calories)
Lunch - Fried egg & cheese sandwich with butter and 2oz ketchup, 4oz french fried potatoes, 1 8oz glass of milk, 1 banana (890 calories)
Dinner - $\frac{1}{4}$ fried ^{breaded} chicken, 6oz mashed potatoes w/ 3oz chicken gravy, 1/2 cup corn w/butter, 1/2 cup apricot slices in syrup, 1 cup tossed salad w/ tomatoe, 2 dinner rolls w/ 2 pats butter, 8oz Kool-aid (1,330 Calories)

April 7th Breakfast - 2 6 inch pancakes w/ 4oz maple syrup & 2 pats butter. 2 strips of bacon, $\frac{1}{2}$ grapefruit, 8 oz coffee (938 calories)
Lunch - grilled cheese sandwich with 1 pat butter, 1 cup potatoe chips, 1 apple, 8oz milk (678 Calories)

April 8th Breakfast - 2 fried eggs, 2 patty sausages, 1 slice of toast w/ 1 pat butter, $\frac{1}{2}$ grapefruit w/ 2 t. sugar 8 oz coffee (853 Calories)
Lunch - B.L.T sandwich (3 strips bacon 2oz lettuce & tomatoe & 2 oz mayonaisse. 1 orange 8oz milk (987 Calories)

April 9 - Breakfast - 1.40g. Sausage & potato. 3 scrambled eggs - 3 slices toast buttered - 1 white apple butter, 3 grapefruit - Coffee - 935 Calories

June 1: 1-6 oz. sweet potato soup - 8 Cereals 3 celery and 3 Baked Apples - 1 apple - 305 Calories

Dinner - 1-10 oz. helping beef stew - 1-6 oz. whole corn bread, 1/3 cup Cottage cheese, 1 large slice Cream pie - 590 Calories

April 10 - 3 parakees, 1 slice ham - 6 oz. 4 oz. veg soup, 1-6 oz. bowl cream of wheat with milk & sugar & sugar - 600 Calories

June 1: 1 Green - lettuce & tomato salad with - 3 strips ham 3 slices tomato, 1 large leaf lettuce, 1-8 oz. glass milk - 3 Sugar Cookies - 529 Calories

Dinner: 1-8 oz. helping beef steak, 3 hot biscuits with Cream gravy, 1/3 cup buttered green peas, 3 slices tomatoes & celery sticks, - 1-6 oz helping rice pudding - 1-8 oz glass fruit drink - 855 Calories

April 11 - 3 slices ham, 3 eggs, 3 slices French white butter, 1 white jelly - 1-4 oz. dish of sugared cereal - Coffee 871 Calories

June 6 - Chicken salad sandwich - 6 oz. fruit - 1-4 oz dish fruit - 1-8 oz. glass milk - 815 Calories

Dinner - 3-4 oz. sausage & egg hash - 1 cup French fries, 1/3 cup buttered French sprouts - 1 cup green salad - 1-8 oz glass fruit drink - 1,489 Calories

April 12-1-89. Helping of Cheese & egg omelet - 3 cheese
buttered toast, $\frac{1}{2}$ grapefruit with 3 tea. sugar - Coffee

705 Calories

June 1. Roast beef and rice with peas, lettuce, and
mayonnaise - 1 olive cherry - $\frac{1}{2}$ cup (raw) shrimp, 1-69g.
dill pickling. 752 Calories

Dinner, Corned beef hash - $\frac{3}{4}$ cup - 1 olive bread & butter
 $\frac{1}{2}$ cup broccoli buttered - $\frac{1}{2}$ cup cottage cheese salad $\frac{1}{4}$ cup salad
1-89g. glass iced tea - 1, 305 Calories

April 13th

Breakfast - 2 scrambled eggs, $\frac{1}{2}$ cup cereal with 4 oz milk, 2 slices toast w/ 2 pats butter

6 oz tomatoe juice (708 Calories)

Lunch - Chicken salad sandwich, 1 cup corn chips, 1 pear 8 oz milk (737 Calories)

Dinner - 6 oz chili w/meat & beans, 1 cup fried potatoes, $\frac{1}{2}$ cup beets, 3 slices bread w/ 2 pats butter, ice cream (1,155 Calories)

April 14th

Breakfast - 2 egg omelet with 1 slice cheese 1 patty sausage, 2 slice toast w/ apple butter & grapefruit coffee (808 Calories)

Lunch - roast beef & cheese sandwich w/ 2 oz mayonnaise 8 oz milk apple (863)

Dinner - 3 oz Beef Pot roast, 1 cup mashed potatoes w/ 3 oz gravy, $\frac{1}{2}$ cup red cabbage, $\frac{1}{2}$ cup fruit gelatin salad, 1 slice custard pie, 8 oz KoolAid 1,036

April 15th

Breakfast - 2 six inch pancakes w/ 4 oz strawberry syrup, 2 strips bacon, $\frac{1}{2}$ grape-fruit coffee (876 Calories)

Lunch - 2 cheese-frank sandwiches, bowl of tomato soup, 8 oz milk (855 Calories)

Dinner - Ground beef chop suey ($\frac{3}{4}$ c. chop suey & $\frac{2}{3}$ c. rice, each), 1 c. tomato salad, peach pie, 1 cup green beans w/ 1 pat butter, 8 oz KoolAid (834 Calories)

April 16. ~~2~~ 2 cups beans, 1 flat tomato & 1 onion, 2 eggs,
1 Cheese, Coffee 962 Calories

Lunch - 1. Hamburgers with pickles, lettuce, onion, Tom.
Potato & mustard - $\frac{1}{2}$ cup shredded cheese, 1 apple - 189; lunch
604 Calories
Dinner: 1-6oz. slice baked Ham - $\frac{1}{2}$ cup short potatoes, $\frac{1}{2}$ cup
buttered carrots, $\frac{1}{2}$ cup Macaroni salad, 1 slice banana
Creme pie, 1, 151 Calories

April 17: 1-4 oz. pattie sausage - 2 olive french toast - 4oz.
Oatmeal w/ sugar - 1-4 oz. diet cereal with milk & sugar -
1 banana - 1 apple - 1, 127 Calories

Lunch: 2 Chile dogs with onion & pickle relish - 1 olive
cheese - 2 celery sticks, 2 baked slices, 2 Chocolate Cookies
 Graham Crackers Cookies - 762 Calories

Dinner: 3 pieces bake & bake Chicken, 1 baked potato
with 3 buttered butter & 1 tablespoon sour cream. Dinner
yello salad with Cottage Cheese & grated carrots, Creamed
Corn - 1 baked apple - 1, 280 Calories

April 18: Breakfast: 1 Ham & egg omelet - 1 cup - 2 olive
toast buttered - 1 diet jelly - 1-4 oz diet yogurt cereal
with milk & banana. Coffee -
1, 505 Calories

Lunch: 1-Ham salad sandwich with lettuce & 1 olive
cheese - 1 apple - 2 peanut butter Cookies - 1-8oz. glass
milk - 725 Calories

Dinner: 2-4oz. hamburger patties in mushroom gravy
Mashed potatoes ($\frac{1}{2}$ cup) $\frac{1}{2}$ cup green salad - $\frac{1}{2}$ cup sugar
buttered with brown sugar, 1-4 oz. olive pineapple upside
down cake, 1 hot roll buttered.

1, 478 Calories

April 20: Breakfast - 2 fried eggs, 2 sausage pattys,
1 slice toast w/ apple ^{2oz}butter. 1 slab watermelon,
coffee (851 Calories)

Lunch - 1 $\frac{1}{4}$ lb hamburger on bun w/ lettuce,
tomatoe, onion, pickle, 1oz mayonaise, 1oz ketch-
up, 1 cup potatoe chips, 8 oz milk (908 Calories)
Dinner - 1 3oz fish fillet (breaded), baked
potatoe w/ 2 pats butter, 1 c sweet-sour beans
w/ 1 pat butter, lettuce & tomatoe salad (1 c.),
apple dumpling, 2 8oz Koal Aid (1,117 Calories)
April 21: Breakfast: 2 egg sausage omelet. 2 slices
toast w/ butter. 1/4 ~~egg~~ honeydew melon, coffee
(753 Calories)

Lunch: 2 pizza quickies (bread, cheese, tomatoe
sauce, oregano, Parmesan cheese, 1/2 c potatoe salad,
8 oz milk ice cream (1,088 Calories)

Dinner: 1/2 cup cheese rabbit on toast (2
slices), 1 c broccoli w/ butter, 1 c fruit salad
2 gingersnaps, 8oz Koal Aid (1,115 Calories)

April 22: Breakfast - 2 slices french toast w/ 2 pats
butter & 4oz maple syrup. 1 patty sausage,
1/2 grapefruit, coffee (661 Calories)
Lunch - 1 cup chicken-macaroni salad, 1
raisin muffin, 1 c green beans w/ 1 pat butter,
8 oz milk (593 Calories)

Dinner - 1 6oz swiss steak, 1 c green peas
w/ 1 pat butter, 1 c onion rings, 1 slice bread
w/ 1 c ^{1 PAT} orange sherbet, 8oz Koal Aid
(1,114 Calories)

April 23: Breakfast - 2 scrambled eggs, 1 cup fried
potatoes, 2 patty sausage, orange, coffee
(945 Calories)

April 24 - Breakfast - [#] Scrambled egg smelt. (1 cup) $\frac{1}{2}$ grape
fruit with 2 teas. sugar - 2 pieces buttered toast
Coffee - 1, 137 Calories

Dinner: 1-8oz. small Ham Chauder - 8 Cakes, 1 Mince,
1-8oz. glass milk - 1-4oz serving Peas in heavy syrup,
1, 225 Calories
Dinner: 2 Corned beef, 1 baked potato with 2 paties
butter & 1 tablespoon Sour Cream, $\frac{1}{2}$ cup Cough Syrup
buttered & pickled ~~beet~~ beets - fruit salad - $\frac{1}{2}$ cup - 1-8oz.
glass grape drink - 1, 672 Calories

April 25: Breakfast: 2 slices bacon, 2 pancakes, 4oz
Syrup - 1-4oz hard sweet with cream & sugar - Coffee
972 Calories
Dinner: 2 hot dogs - $\frac{1}{2}$ cup chips - 1 Orange - 1-8oz glass
milk - 2 tam. slices -

Dinner: 1-8oz. slice pork roast - $\frac{1}{2}$ cup dressing with
 $\frac{1}{4}$ cup gravy - $\frac{1}{2}$ cup whole kernel corn - 1 cup chowder,
2 cups fresh fruit with whipped topping - 1-8oz glass
chocolate milk 1, 129 Calories

April 26 - Breakfast - 1-6oz. slice Ham, 2 hot biscuits,
 $\frac{1}{2}$ cup Cream Gravy, 1 Orange - Coffee
805 Calories

Dinner: $\frac{1}{2}$ 8oz & Cheese Landwick pickled slices - 2 tam.
slices - 4 fried apple rings - 1-8oz. glass milk
752 Calories

Dinner: 6 chicken & noodles - 1- cup & 2 cups sliced buttered
beets, $\frac{1}{2}$ cup green pepper slaw, bread & butter - fruit
gelatin $\frac{1}{2}$ cup - 1-8oz. glass orange juice
1, 435 Calories

April 27: Breakfast - 1-4thg. Sausage Pattie - 2 slices
French toast buttered, 4thg. Syrup - 1-4thg. Cereal
Dinner with milk & sugar - Coffee -
1, 2 1/2 Calories

Lunch: 1- slicey pie - with onion, pickles, tomato, and
mustard, 4 crackers with cheese - 1/4 pint pudding -
1-8oz glass milk

Dinner: 1-4thg. Sausage - 1 1/4 Cup - 2 Cup broccoli, 2 Cup
Pineapple salad, 1 slice bread & butter, 2 bananas
fruit (approximately 6oz.) - Coffee -
1, 6 3/4 Calories

April 28: 2 soft boiled eggs - 2 pieces buttered toast,
3 slices fresh side meat - 1-4thg. Cereal cereal with
bananas - Coffee 1, 0 1/5 Calories

Lunch - 1-6 sliced steak - 3 Cup French Fried Ham, slice
2 Coconut Cookies - 1-8oz. glass milk
9 79 Calories

Dinner: 1- cup Macaroni, Cheese & Ham with, buttered
peas & cup - 1-6 cabbage salad, bread & butter, 1-4thg. slice
cheese cake. 1-8oz glass fruit drink - 1, 4 5/3 Calories

April 29. Breakfast: 1 cup tea & egg & melt - 2 pieces
buttered toast - 1 with honey - $\frac{1}{2}$ grapefruit with
2 tea, sugar - Coffee - $\frac{1}{2}$, 087 Calories

Lunch - Omelet & Chili - 1 cup - 1-4oz. dried fruit.
Cocktail - 2 Cocktails - 1-8oz. glass milk
873 ~~Calories~~ Calories

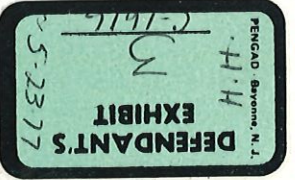
Dinner - 2 Coltrage rolls - $\frac{1}{2}$ cup Cottage cheese,
1 slice bread & butter - $\frac{1}{2}$ cup vegetable kernel corn,
3 Scoops Chae. Chips ice cream - 1-8oz glass fruit
drink - $\frac{1}{2}$, 251 Calories

April 30. Breakfast - 1 cup Chipped beef gravy over
2 biscuits - 1 biscuit with butter & honey, 1 Orange
Coffee 983 Calories

Lunch. 1/2 cup cream of potato soup - 8 Crackers - 1 slice
cheese - 1 cup cake - 1-8oz glass milk -
891 Calories

Dinner - 8oz. stuffed meat loaf - $\frac{1}{2}$ cup green beans,
1 slice bread & butter - $\frac{1}{2}$ cup Calumet, 1 slice
fruit pie with whipped topping - 1-8oz glass tea -
 $\frac{1}{2}$, 213 Calories

~~B~~ Dinner - ^{1 cup} ~~1 1/2~~ macaroni and cheese, 1 4oz. pork chop, $\frac{1}{2}$ cup of broccoli w/ 1 pat butter, 1 cup of tossed salad w/ tomatoe, 1 slice of bread w/ 1 pat butter, $\frac{1}{2}$ cup pear halves in syrup, 802 kcal/Aid (1,367 Calories)



Garrfield County Jail - Daily Food Composition Chart

5/11/77		Calories	Protein	Carbohydrates	Calcium	Iron	A	B1	B2	Niacin	C	D	E
		(g)	(g)	(mg)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(IU)	(IU)	(mg)
Breakfast:													
2 eggs, scrambled	232	15	3.0	12	19	.58	2.20	.05	.10	.55	0	31	.23
1 toast	62	2		1	2	.50				.80	0		
2 slices bacon	95	4											
1/2 grapefruit	54	.6		12	23	.57	.570	.16	.06	.57	52		.58
1 cup coffee	2	.3			4.6	.23	0	.01	.01	.90			
Dinner:													
2 slices toast	124	4		24	38	1.09		.12	.10	1.10			.46
3 oz. tuna, vegetable sauce	250	15		18						2.0			
1 cup cool aid	106	26											
DAILY TOTAL		925*	40.9*	96.8*	186.6*	5.17*	1,970*	1.2	1.5	4.02*	57.0*	310	1.27*
RECOMMENDED ALLOWANCE		2,600	56.0	390	800	10.0	5,000	1.2	1.5	16.0	45.0	400	15.0
5/12/77													
Breakfast:													
2 pieces french toast	360	11	28	1	2	.50	1.8	.18	.32	1.0	0		
2 slices bacon	95	4								.80	0		
1 orange	88	1.8	20		74	.72	360	.18	.05	.72	90.0		.43
1 cup coffee	2	.3			4.6	.23	0	.01	.01	.90			
Dinner:													
3 oz swiss steak	180	18	0	13	3.0	.80	20	.03	0	4.80	00	0	0
1/2 cup corn	66	1.9	15.7	8.0			270	.05	.03	.90	5.0		.05
1 small baked potatoe	93	2.6	23.1	9.7	.7			.02	.02	.85	20		.03
1 piece bread	62	2.0	12	19	.58			.06	.05	.55			.23
1/2 cup apricot	107	.7	26	14	.36		2,175	.02	.02	.50	5.0		
1 cup cool aid	106	26											
DAILY TOTAL		1,159*	42.3*	100.8*	297.6	8.69*	3,935*	.53*	.52*	11.02*	120*	400	.74*
RECOMMENDED ALLOWANCE		2,600	56.0	390	800	10.0	5,000	1.20	1.50	16.0	45	400	15.00

Garfield County Jail - Daily Food Composition Chart

Calories Protein (g) Carbohydrates (mg) Calcium (mg) Iron (mg) A (IU) B1 (mg) B2 (mg) Niacin (mg) C (mg) D (IU) E (mg)

5/13/77	Breakfast:	2 eggs scrambled	232	15	3	100	2,200	1,400	.05	.18	.10	0	31	0	.23
		1 slice toast	62	2	122	19	.58	t	.06	.05	.55	0	0	0	0
		1 1/2 oz. pork sausage	125	6	0	2	1.20	0	.30	.10	1.20	0	0	0	0
		1/2 grapefruit	54	.6	12	23	.57	570	.16	.06	.57	52			
		1 cup coffee	2	.3	4.8	4.6	.23	0	.01	.01	.90				

Dinner:	Chicken leg&thigh	245	25	0	13	1.80	200	t	.10	.19	5.00	0	0	0	0
	1/2 cup white rice	161	3.3	35.8	4	1.20	0	.19	.10	1.50	0	0	0	0	0
	1/2 cup brussel sprouts	24	2.7	4.1	21	.71	338	.05	.10	.50	56	0	0	0	0
	1/2 cup apricots	53	.4	13.3	7	.18	1,087	.01	.01	.25	2.5				
	1 cup cool aid	106		26											

DAILY TOTAL	1,064*	55.3*	106.7*	193.6*	8.67*	3,595*	5,000	1.2	1.5	16.0	45.0	400	15.00	.23*
RECOMMENDED ALLOWANCE	2,600	56.0	390	800	10.0	5,000	5,000	1.2	1.5	16.0	45.0	400	15.00	.23*

5/14/77	Breakfast:	2 pancakes	208	6.4	30.6	90	1.2	168	.16	.10	.6	0	0	0	0
		2 slices bacon	95	4.0	1	2	.5	t	.6	.8	0	0	0	0	0
		1 1/2 oz. maple syrup	150	0	39	63	.72	0	0	0	0	0	0	0	0
		1 cup coffee	2	.3	.8	4.6	.23	0	.01	.01	.9	0	0	0	0

Dinner:	3 oz. roast beef	390	16	0	7	2.10	60	t	t	3.0	20				
	1 cup mashed potato	188	4.2	24.6	48	.80	240	.16	.10	2.0	4.5	6			
	1/2 cup canned peas	33	1.7	6.2	10	.85	225	.09	.02	.45	4.5	20			
	1/2 cheries, canned	55	1	28	20	.38	874	.04	.02	.25	6				
	1 med. tomato	33	1.6	7.1	19.5	.75	1,390	.09	.06	1.95	34.5				
	1/2 stalk celery	4	.2	1.0	.1	.07	60	.02	.02	.07	2.2				
	1 cup cool aid	106		26											
DAILY TOTAL	1,264*	35.4*	164.3*	264.2*	8.07*	2,957*	.56*	.33*	10.02*	67.2*	00	.69			

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Garfield County Jail - Food Composition Chart

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Calories	Protein (g)	Carbohydrates (mg)	Calcium (mg)	Iron (mg)	A (IU)	B1 (mg)	B2 (mg)	Niacin (mg)	C (mg)	D (IU)	E (mg)
216	12.4	.8	60	2.4	1,420	.10	.30	.2	.54		
2 eggs, fried											
1 1/2 oz. pork sausage	125	6	2	1.2	0	.3	.1	1.2	.55		
1 slice toast	62	2	19	.58	t	.06	.05	.2	.24	102	.23
1 cup corn flakes	93	2	4	1.32	1,173	.29	.35	2.9	8.80	100	
1 cup milk	159	8.5	287	t	354	.07	.42	.24	2.44	100	.10
1 tbsp. sugar	46	0	t	t	0						
1 cup coffee	2	.3	4.6	.23	0	.01	.01	.25	2.50		
Breakfast:											
2 frankfurters	246	14	6.2	1.2	6	.1	.2	2.5	0		
3/4 cup navy, baked beans	66	1.9	15.7	.8	270	.03	.05	.9	5.0		
1/2 cup corn	66		8	.8	270	.03	.05	.9	5.0		
1/2 cup peaches	100	.5	5.38	.38	552	.01	.02	.77	3.7		
1 slice bread	62	2	19	.58	t	.06	.05	.55		100	.23
1 cup milk	159	8.5	12	t	354	.07	.42	.24	2.44	100	
Dinner:											
DAILY TOTAL	1,336*	58.1*	125.53*	8.69*	4,123*	1.10	1.97*	10.80*	24.88*	356	.66
RECOMMENDED ALLOWANCE	2,600	56.0	390.00	10.00	5,000	1.20	1.50	16.00	45.00	400	15.00
Weekly Summary of Jail Food Composition											
Wednesday	925	40.9	96.8	186.6	5.17	.4	.4	4.02	57.0	31	1.27
Thursday	1,159	42.3	150.6	297.6	8.69	.53	.52	11.02	120.0	0	.74
Friday	1,064	55.3	106.7	193.6	8.67	.64	.80	10.57	110.5	31	.23
Saturday	1,264	35.4	164.3	264.2	8.07	.56	.33	10.02	67.2	0	.69
Sunday	1,208	58.1	140.5	317.3	8.66	.64	.83	9.17	66.2	31	.45
Monday	1,058	40.0	170.2	260.2	8.83	.56	.32	7.30	5.2	0	.23
Tuesday	1,336	58.1	125.5	701.6	8.69	1.10	1.97	10.80	24.9	356	.66
DAILY AVERAGE	1,144	47.1	136.3	317.3	8.09	.63	.73	8.98	64.4	75	.91
RECOMMENDED AVERAGE	2,600	56.0	390.0	800.0	10.00	1.20	1.60	16.00	45.0	400	15.00
JAIL DIET % NUTRIENT											
SUPPLIED IN WEEK	44%	84%	35%	39%	81%	52%	45%	56%	143%	18%	6%

Garfield County Jail - Daily Food Composition Chart

Calories Protein Carbohydrates (g) Calcium (mg) Iron (mg) A (IU) B1 (mg) B2 (mg) Niacin (mg) C (mg) D (IU) E (mg)

5/18/77											
Breakfast:											
208	6.4	30.6	90	1.2	108	.16	.10	.6	.8	.1	.21
95	4.0	1	2	.5	t	t	t	.6	.8	t	.21
64	.1	16	1	.1	0	t	t	.6	.8	t	.21
120	3.0	27	6	1.2	0	.07	.42	.2	.6	.2	2.44
159	8.5	12	287	t	354	.01	.01	.3	.2	.2	2.44
2	.3	.8	4.6	.2	0	.01	.01	.3	.2	.2	2.44
Dinner:											
287	11.0	26	48	1.2	231	.14	.11	4.1	1.00	26.50	1.00
349	7.2	32.3	45.8	1.9	434	.17	.15	2.2	2.60	8.6	3.2
92	1.8	9.4	51	.5	416	.05	.29	.8	2.60	8.6	3.2
8	.4	1.8	5	.2	447	.02	.03	.5	8.6	8.6	3.2
29	.5	14.1	10	.2	437	.02	.01	.1	3.2	3.2	3.2
106		26									

Dinner:
1 tuna fish sandwich
1 cup potato salad
1 cup celery soup
1 tomato
1/2 cup canned cherries
1 cup cool aid

DAILY TOTALS

1,519* 43.2* 197.0* 550.4* 7.4* 2,427* .74* 1.13* 10.2 47.05* 100* .35

5/19/77

Breakfast:

2 pancakes
2 slices bacon
1 tbsp. honey
1 cup corn flakes
1 cup milk
1 cup coffee

Dinner:
2 oz. pot roast
1 med. potato, steamed
1/2 cup peas, canned
1 slice bread
1/2 cup fruit cocktail
1 cup cool aid

DAILY TOTAL

1,207* 42.9* 171.7* 443.4* 7.6* 888* .58* .77* 5.8* 28.15* 100* .45*

185 14.3 0 6 1.8 22 .03 .11 2.2 0 .07
76 2.1 17.1 7 .6 .09 .04 1.5 16.00 .04
33 1.7 6.2 10 .9 .04 .02 .5 4.5 .01
62 2 12 19 .6 .06 .05 .6 .01 .23
97 .5 23 11 .5 .02 .01 .5 .01 .01
106 26 23 11 .5 .02 .01 .5 .01 .01

Garfield County Jail - Daily Food Composition Chart

5/20/77											
Breakfast:											
2 eggs, scrambled	232	15	8	0	4	100	2.20	1.1	0	.05	.18
1 1/2 oz. ham	145	8	0	0	19	4	1.1	0	.05	.05	.10
1 slice toast	62	2	12	19	3	143	.58	.6	0	.05	.55
1/2 cup corn flakes	55	1	12	3	177	0	.05	.03	.01	.21	.30
1/2 cup milk	80	4.3	6	143	4.6	0	.01	.01	.01	.1	1.22
1 cup coffee	2	.3	.8	4.6	.2	0	.01	.01	.01	.3	2.50
Dinner:											
2 tuna fish sandwiches	540	22	26	96	2.4	462	.28	.22	8.2	2.00	0
1 cup potato soup	115	3.6	12	62	2.08	442	.05	.07	.53	10.00	2.44
1 cup apricots	215	1.5	53	28	.75	4,350	.05	.05	.20	2.44	100
1 cup milk	159	8.5	12	287	t	354	.07	.42	.20	2.44	100
2 soda crackers	45	1	8	2	.1	0	t	t	t	0	0
DAILY TOTALS											
	1,650*	67.2*	144.8*	748.6*	10.01*	7,185*	.85*1.26*	12.78*	18.16*	212*	.38*

Calories Protein Carbohydrates (g) Calcium (mg) Iron (mg) A (IU) B1 (mg) B2 (mg) Niacin (mg) C (mg) D (IU) E (mg)